

**Nulhs hom non pot
d'amor gandar**

Nulhs hom non pot
d'amor gandar,
Pos qu'el sieu
senhoriu s'es mes:
O tot li plass'o tot li pes,
Sos talens l'aven a seguir.
E sapchatz qu'om
enamorat
Non pot segr'autras
voluntatz,
Mas lai on vol
Amors lai cor
E no.i garda sen ni follor.

**No man can escape
the chains of love**

No man can escape
the chains of love
once he submits
to its power.
Whether it is pleasing or not
he must follow his desires.
And know that
a man in love
cannot do other than
what love demands ;
whatever love wants
he runs there and
cares nothing for
sense or folly.